



PHYSICAL ACTIVITY: Physical Activity Policy



Child Care Center Physical Activity Policy - Sample

The **[name of center]** ensures that each child has experiences that support their physical well-being and motor development. As such, children are provided with daily structured and unstructured developmentally appropriate indoor and outdoor energetic physical activity for at least 60 total minutes per day.

Our center makes every effort to ensure that all children including those with special needs have opportunities for physical activity. Children with limitations will have activities modified based on their individual needs. Activities will be designed in a way that all children can participate, be successful, gain skills, confidence and feel like part of the group.

Gross motor activities will not be restricted to outside play but will be integrated among all learning areas and experiences.

Gross motor activities will include but will not be limited to the following:
Walking, skipping, balancing, jumping, climbing, games and activities such as dancing, exercise, music and movement, clapping and stomping, follow the leader and others.

Children will have opportunities for free play during the day however structure play activities will also be provided. We will provide sufficient equipment so each child can maximally participate. We will avoid games where children have to wait their turn to complete the activity. We enhance participation by avoiding or modifying games where children are eliminated from play. We avoid games or activities where children are required to passively sit, listen or wait.

Provided by: Beverly Lynn

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